Can I Smoke after a Tooth Extraction?

Smoking is a very unhealthy habit in general, but there are times when smoking can put extra stress on your body, especially when it is trying to recover. One of these occasions is after tooth extraction.

Although the temptation to smoke after tooth extraction can be overwhelming, it's actually a scary idea and it can cause massive damage to that part of your mouth.

First of all, it is important to understand why teeth need to be extracted, what are the reasons for extraction, and what can happen if teeth are not extracted when needed.

Why would a tooth need to be removed?

There are many reasons why teeth need to be extracted. Tooth extraction is usually the last resort for a dentist, and can sometimes be avoided if an appointment with a dentist is made early. Here are some common causes of tooth extraction:

- Damage to teeth that are beyond repair.
- Tooth decay and infections that cannot be repaired.
- Crowds of surrounding teeth (often a matter of wisdom teeth).

If the tooth decay is caught early, the tooth can be saved. In addition, if a tooth is damaged to a lesser extent, toothpaste may be an option. Otherwise, the tooth will need to be extracted to avoid further damage. If the tooth is not extracted, there is a risk of more severe and even permanent damage to the surrounding teeth, gums, mouth, etc. The infection can even spread beyond the mouth and throughout the body.

Because of this, it is very important to see a dentist as soon as there is pain or swelling, tooth decay, or crowding.

After-care

An important idea after a tooth extraction is care, and it's best to talk to your dentist about what steps you can take to ensure a quick and healthy recovery. Here are some things to keep remember:

- Avoid solid foods during healing.
- Do not suck straw during the healing phase.
- Take the prescribed painkillers.
- You will also need to refrain from smoking after tooth extraction.

Why You Shouldn't Smoke After Teething?

Although it can be difficult for smokers to spend three days without smoking, it is important to stay healthy after tooth extraction. Smoking after tooth extraction puts a patient at risk of delaying the healing process, and even causing inflammation and dry sockets. These dry sockets can cause bad breath, make it difficult to open your mouth, and increase the pain. They can

spread, and even more damage. Blood clots are very important for recovery, and smoking can remove the blood clots that are forming - delaying the healing process. It can also cause dry socket formation. Be sure to brush your teeth for at least 72 hours before re-smoking. Do not smoke after tooth extraction. Instead, take time to heal yourself to avoid new oral health problems caused by your smoking.